



FULL-SERVICE, ALL DIGITAL IMAGING NETWORK

Patient Considerations for PET

Before the Exam

Please observe a high-protein, no-carbohydrate diet for 24 hours before the exam. Please do not eat anything (including gum, mints, etc) for **6 hours** prior to the exam drink 4 cups of water the morning of your exam.

- For those who have **appointments before noon**, dinner the night before should be a high protein, low carbohydrate meal such as:
 - Red meat, white meat, fish or tofu
 - Vegetables low in carbohydrates such as asparagus, broccoli, etc.
 - Avoid sweet vegetables such as carrots, peas, and tomatoes
 - Drink plenty of water
- For all **appointments in the afternoon**, breakfast the day of but **NOT within 6 hours** prior to the exam, should be a high protein low carbohydrate meal:
 - Eggs, cheese, sausage, bacon, ham, etc.
 - No carbohydrates including sugar, breads, rice, etc.
 - No caffeine or cigarettes

Consumption of any carbohydrate such as potatoes, breads, pasta, sweets or rice could affect the diagnostic quality of the exam. Milk is okay to drink, however patient should not drink any protein/meal supplementary drinks (e.g. Ensure). Also avoid drinks with high levels of sugar because this can greatly affect your results. Please drink four (4) glasses of water the morning of your exam.

Patients may take their usual medications if tolerated on an empty stomach. However, do not stop your medications without informing your physician. No exercise is allowed 24 hours prior to the exam. Please do not bring reading material which can alter results. **You will need to bring all prior reports, radiology reports, pathology reports and surgical reports.**

If you are diabetic, you may take medication at any time. If you are using regular insulin, you may **NOT use it 4 hours prior to the exam**. You must also make sure your blood glucose level is 80 – 200 the day of the exam. Please consult your nuclear medicine technologist to ensure a safe and proper test. Women who may be pregnant should always inform their doctor and technologist.

During the Exam

The full examination (preparation & scanning) takes approximately **2 hours**. You may be asked to wear a gown that will be provided for you.

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You will be injected with a safe level of a radioactive isotope. This substance takes approximately 45 minutes to an hour to travel through your body and be absorbed by the tissue to be studied. During this time, you will be placed in a comfortable chair to rest quietly and please avoid movement or talking – both of which may alter the localization of the administered substance. **It is important not to bring books or any reading material because this can affect your results.**

Once the radioactive substance has been absorbed, you will be asked to lie down on the examination table for approximately **35 minutes** while you are scanned. Your total exam time will be approximately **2 hours**. A scan of the extremities (legs) adds an additional 30 minutes to the exam time (2.5 hours total)

After the Exam

You may leave immediately after the exam and return to your normal activities. Please stay 30 feet away from children, young adults, pregnant women and women of child bearing age. You will have slight radioactivity in your body for 12-24 hours.

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